11 steps to safer walking & riding Each week an average of 15 pedestrians and bicyclists are

killed on our nation's roadways. You can keep your children safer by teaching them these important safety steps.

Always know where your children are going. Walk or ride the route with them in advance.

Protect

Those You

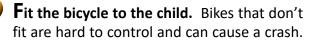
Love

Stay together. Young children (up to age 10) should walk and ride with a grown-up. Older children should walk and ride with a buddy.

Be seen! Children need to wear bright clothes and reflective items. Teach them to be sure a driver sees them before they pass in front of a car. Do not let children walk or ride at night.

Cross safely! Teach children to:

- Use crosswalks and sidewalks. (If there is no sidewalk, walk on the far left, facing traffic.)
- Cross at the corners. (To cross, bike riders) need to get off their bikes and walk. Bicyclists should ride with traffic.)
- ALWAYS stop at the curb. Never run or ride off a curb into the street.
- Never cross a street between parked cars.
- **How to cross:** Walkers and riders need to stop and look before they cross. They should stop at a path, sidewalk, street or driveway. Teach them to look left, right, and left. They should continue looking as they cross.



No helmet, no ride. Helmets reduce the risk of head and brain injuries. Teach your children to always wear their helmets. Be sure to replace a helmet that was in a crash.



For helmet fit, use the Eyes-Ears-Mouth test:



Eyes: Can you see the edge of your helmet? Is vour helmet level?



Mouth: Can you fit 1 finger between your chin and the strap? Open your mouth; can you feel it pull down your helmet?

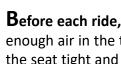


Ears: The straps should make a V-shape around your ears.



Shake your head. Does the helmet stay on tight?

Bike riders should avoid loose clothes, drawstrings, and backpacks with straps. These items can get caught in their bikes.



Before each ride, check the child's bike. Is there enough air in the tires? Do the brakes work? Is the seat tight and straight? Does the bike rattle? Keep the bike clean.



Set a good example. Obey traffic signs and signals, Follow the rules. Wear your bike helmet. Cross at corners. Use crosswalks.



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